

This year your child would have been taking part in our Lincolnshire Smiles supervised toothbrushing Programme, which is designed to help young children to develop positive oral health skills for life.

The Programme has been suspended due to the current COVID 19 Pandemic, due to this decision we have supplied a toothbrush and toothpaste for each child that would have been part of the programme to use at home.

Please do supervise your child brushing their teeth for 2 minutes especially before bed as this is the most important time for toothbrushing to take place. Thank you.

Here are our 3 oral health key messages, all of which go a long way in helping us develop and maintain a healthy mouth. They are:

- **Brush teeth twice a day** – last thing at night and on at least one other occasion with a fluoride toothpaste. Spit out after brushing but do not rinse. Brush – Spit – Stop.
- **Reduce the amount of sugary food and drinks** you have, and how often you have them. If you do have sugary foods and drinks keep them to mealtimes.
- **Visit your dentist regularly**, as often as they recommend. If you don't have a dentist and you have an urgent problem, please call 111 for help and advice.

For further help and support please go to our website www.communitydentalservices.co.uk please find our Family Fun Page that has lots of ideas to help support oral health at home.